

Stay at Home Well-Being Pack

This pack is to help you to stay calm and well at home, especially when you might start to feel a little bit anxious or wiggly because college is closed.

It is to help with your sensory needs and self-regulation, which means helping you to stay calm and occupied.

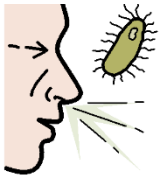
There are three sections to this well-being pack:

- 1.) Why aren't I at college? Social Story**
- 2.) My Sensory Needs**
- 3.) Therapeutic Activities**

You may not need all of them but there's something in each section that you might find helpful while at home.



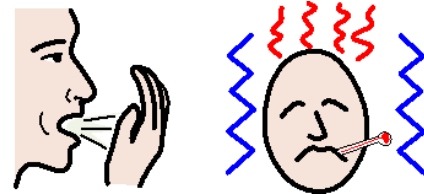
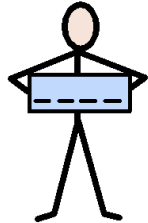
SECTION 1 - Why aren't I at college?



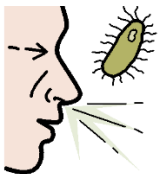
Coronavirus is a virus that can make people feel poorly.



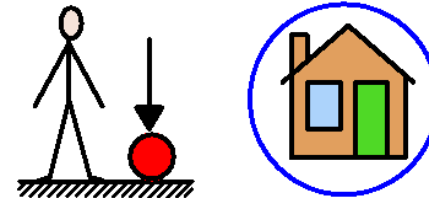
It is sometimes called COVID-19



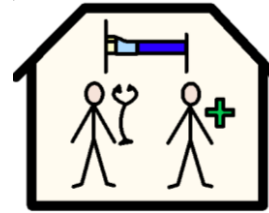
People who have the virus may have a cough and a high temperature.



Most people who have the coronavirus will stay at home to get better.



Some people who have the coronavirus will go to hospital to get better.



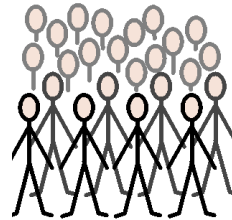
I can help stop the spread of germs by washing my hands with soap and water.



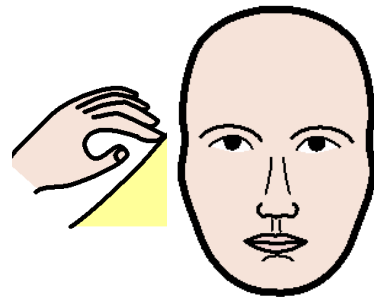
If I can't wash my hands I can use hand sanitizer.



I should stay away from places where there are lots of people.

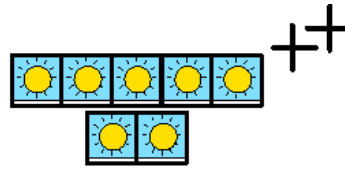


I should try not to touch my face.

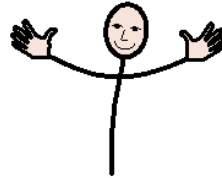
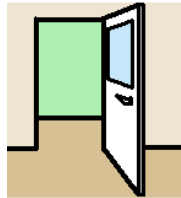




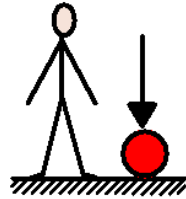
There will be no college for a few weeks.



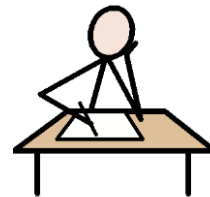
College will open again.



I will stay at home while college is closed.



I can do my college work while I am at home.



I know that I will feel safe at home and there is no need to be worried.



SECTION 2 - My Sensory Needs

This section is to help you with your sensory needs, a bit like how your sensory diet supports you at college. If you are used to being out and about and have lots of energy, here are some tips and activities to try to help with this in the home environment. These activities are also helpful if you start to feel a bit anxious or bored because any physical activity, even a couple of seconds worth, can help you to feel better.

Not all of these activities can be done in every home due to space limitations, resources, etc. but hopefully you can find a few things that you can try.

I need to move!



These activities will help you if you need to use up some energy or move around a bit. A bit like movement breaks at college. When you spend a lot of time in one place, this need to move can feel quite important to you. Here's how to help in and around your home.

Activity	How it helps	Equipment, precautions, etc.
Go for a walk. This can be a walk up and down the garden or the street. A walk around the house, up and down the stairs, room parameter walks, etc.	It seems so simple because it is. Movement stimulates our senses and helps us to self-regulate. It also expends energy and gives us a change of scenery.	
Bounce.	This is only if you have equipment to bounce on at home but this is a great activity to stimulate the movement senses and use up some	Trampoline or trampette outdoors or indoors.

energy. It's also classed as intense sensory input and so usually releases some happy hormones into the body quickly.

Ball games are good for regulating emotions, especially if you start to feel anxious or wiggly, mainly because they require focus and attention. They will help to distract you. They can also be pretty fun!

Various balls or items that can be used alternatively but safely i.e. small beanbags, pillows, soft toys

As above, activities that require focus and precision can really take the mind off what's going on around you. Good for distractions and also helping people to calm and alert.

A bin/bucket/box/towel/paper/books or something to catch the items/ items to land on

Things to throw i.e. soft balls, cushions, pillows, soft toys, rolled up paper, balls of socks, coins

Things to roll i.e. tins, balls, plastic cups,

Craft materials if you want to make the activity more

Ball Games. Decide if this is an indoor or outdoor activity.

- Indoor – use soft balls or small balls that can't damage property. Games include throw and catch, bounce and catch, football passes, rolling the ball to each other, etc.
- Outdoor – again be mindful of windows and other property that could be damaged. Games include football, penalty kicks, throw and catch, rolling the ball to each other, etc.

Target Games. This depends on the equipment you decide to use in the third column. Target games can be floor based or wall based. Wall games can simply be paper stuck to the walls to hit, and floor games can be as simple as a piece of paper or a bin on the floor that you have to roll or throw items onto. You can also be creative with toilet roll, tin cans and other household items and have making the game part of the activity. Games can use up a full room or just a small table area. Here are some ideas.





interactive in the making process

Mini Circuits. A sensory circuit is a sequence of physical activities done repeatedly to provide you with the right type of sensory input in order to calm and organise your body. To do this at home or in the garden, it requires some imagination. Take some of the ideas below and see what you can come up with. Aim for 4-6 activities in the circuit and then use the circuit each time you begin to feel restless/ bored/ anxious or wiggly.

- Spinning - on an office type chair or kitchen stool, spinning on the spot
- Hula hooping
- Skipping rope
- Launch pad – put lots of sofa padding/seating cushions/beanbags/ duvets/ cushions/ padding on the floor next to the sofa and jump/step off or ‘crash’ from the sofa to the padding. You must be supervised with this activity and a guardian should ensure it is safe.
- Marching on the spot or funny walks (You can pair this with a game and walk like different animals or act like

Sensory circuits are used to both alert/energise and calm/settle. The aim is to focus concentration in readiness for learning and engagement. The circuit encourages the development of sensory processing skills.

These activities can also be done on their own for ‘quick fixes’ of sensory input, especially if you feel a bit wiggly and need a movement break.

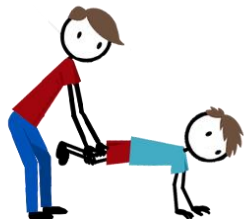
Various equipment needed depending on the activities you choose to put together.

A full list includes

- Hula hoop,
- Skipping rope
- Padding i.e. beanbags/cushions/ sofa pads
- Balance trail with socks, scarves, string, etc
- Egg and spoon

different animals by taking turns to call out the animal.
Can also use vehicles.)

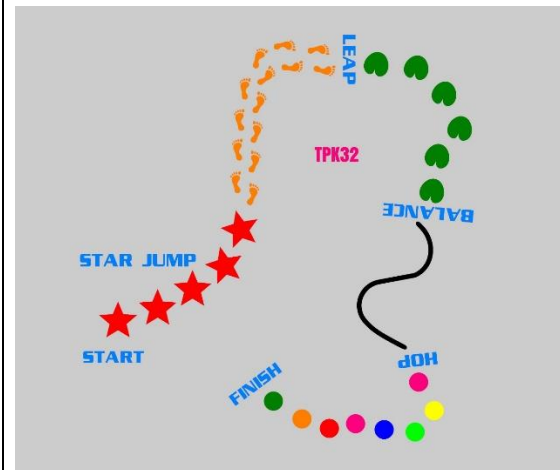
- Balance beam – line paper or string/ socks/ scarves/ etc and make a balance trail to follow
- Commando crawling
- Egg and spoon race
- Footstep trails (see next column)
- Hand walking or wheelbarrow walks – rest your feet on the sofa and walk your hands forwards and backwards on the floor (like a wheelbarrow walk but requires only one person and its more about stamina and getting input through holding the position – a bit like a plank.) If you happen to have a yoga ball this is perfect!



- Heel to toe walks and heel to toe balancing – either try to balance with your heel touching the toes of your other foot for 20 seconds. Or try to walk heel to toe.



Footstep trail examples:



- Infinity Walk – set out a piece of string or scarves to make a shape and walk around it. You can either balance along it, walk along it, step either side of it, jump around it, hop, etc.



- Log rolls - Lying on the floor, fully extend arms and legs, extending hands and feet, begin to roll over from side to side or, if there is enough room, roll from one point to another. Can you keep in a straight line? Can you roll to and from a target to fetch and carry small objects to place in a bucket?



- Jumping Jacks / Star Jumps
- Jogging on the spot or along a pre-set trail


<ul style="list-style-type: none"> • Tin of Beans Lifts – use tins of beans or bags of sugar/ flour/ pasta to ‘weight lift’. Lift over your head, raise straight out in front of you, raise up to your sides. Try to keep your arms straight. 		
<p>Proprioceptive Housework! Doing housework can meet a range of sensory and self-regulatory needs.</p> <ul style="list-style-type: none"> • Vacuuming (heavy work) • Washing the windows • Wiping the tables • Wiping/washing the skirting boards and door frames (lots of extensions, changes in movement, very good for sensory input) • Washing up (getting wet can also meet other sensory needs) • Cleaning the car • Mopping the floor / sweeping the floor • Carrying laundry • Dusting • Make your bed/ change your bed linen • Water plants • Wipe down doors • 	<p>Many of these activities target various sensory systems. The main focus is on proprioception which plays a big part in managing our anxiety levels. This includes any activity that uses our muscles and joints and includes what we call ‘heavy work’. The same elements of ‘heavy work’ apply to the sensory diets used at college.</p>	<p>Household cleaning equipment and materials</p> <p>Be aware of safety precautions on chemical products, etc.</p>
<p>Scavenger Hunts and Treasure Hunts <i>A scavenger hunt means thinking of an items and racing to find as many of that item as you can.</i> <i>A treasure hunt is pre-hidden items that a person may have clues to find.</i></p>	<p>This type of activity brings a range of sensory experience. It stimulates the visual, movement and auditory senses but also helps with self-</p>	<p>Household items</p>

<p>Scavenger hunt ideas include:</p> <ul style="list-style-type: none"> • Colours: find then things that are red, blue, green, etc. • Textured: spikey, soft, hard, wet, smooth, bumpy, rough, • Themed: vehicles, animals, types of books, Disney, • Letters: something starting with the letter a, b, c, etc. • Shapes: round, triangle, square, etc. • Something you can eat, drink, blow, etc. • Something bigger than... smaller than... i.e. a penny, the clock, etc. • Something old /something new/ something borrowed. 	<p>regulation and managing anxiety. Another distraction activity.</p> <p>Treasure hunts can be rewarding as you can hide new and novel items that motivate and excite such as sweets, toys, new books, etc. This is a good activity to meet sensory and regulation needs if you have something new you want to give to someone but want to make it more interesting, especially if you're staying at home and unable to get out much.</p>	
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I need to calm!

Sometimes, you might feel like you just want to hide. This is easier at home than college as you have your own personal spaces like your bedroom. Here are some more activities to soothe your senses and help your body to feel calm.

Activity	How it helps	Equipment, precautions, etc.
<p>Sorting Activities – this can be as simple as sorting out a sock drawer or a wardrobe, or more motivating by sorting various household items or craft items. Use kitchen tongs or tweezers instead of your hands to make it more challenging. Here are some ideas:</p> 	<p>Sorting activities help to calm the nervous system and are therefore generally quite relaxing and therapeutic.</p>	<p>Various coloured toys, craft items such as buttons, pompoms, sequins, beads.</p> <p>You can make shapes by cutting out different coloured paper or card and sort them</p>



Listen to Music - Try listening to something different to your usual taste when you need to relax. And remember, find somewhere quiet like your room, under a blanket or the garden and it helps to dim the lights if you are indoors. Headphones allow you to control the volume without effecting anyone else in the house.

Music is a good way to distract the mind from anxious thoughts and our associations with various sounds and rhythms can help us to feel calm and happy very quickly.

into an ice cube tray or cupcake tray.

Make a Den – Sometimes being in the same place for a long time can make you feel trapped. If you are unable to leave home and feel anxious about this, make a new ‘home’ and change of scenery by making a den.




The feeling of a new environment within a familiar environment is exciting and reduces feelings of claustrophobia and isolation.



Making the den itself is also a therapeutic activity and can create calmer feelings.

Household items such as blankets, sheets, lamps, cushions, etc.



Be Sensory Safe – If you are aware that a particular environmental factor is bothering you at home i.e. the noise

<p>from next door, the sunlight, or you begin to feel irritated or anxious, reduce your sensory input and find somewhere sensory safe for a few moments. This means somewhere less stimulating:</p> <ul style="list-style-type: none"> • Less noise, light and smells • Somewhere quiet and visually calm (it may be the bathroom) • Use ear defenders/ headphones or close your eyes for a while • Get underneath a soft blanket or cuddle up to soft toy or pillow • Have a lie down <p>When there, try to do nothing for a while and reduce your sensory input so that your body can feel calmer. Then try and do an activity from this pack to help you feel better.</p>		
<p>Burrito – The burrito means wrapping yourself tightly in a blanket or sheet to give yourself pressure and feelings of intense comfort.</p> 	<p>Wrapping yourself tightly in a blanket gives the body proprioceptive input that helps reduce feelings of anxiety.</p>	<p>A blanket/ duvet.</p>
<p>Tactile Tubs – A tactile tub is a sort of massage kit that contains soft tactile items that feel soothing and calming when you touch them or rub them on your skin i.e. arms, legs, feet, back.</p>		<p>Various house hold items such as sponges, brushes, paint brushes, scrubbing brushes,</p>

		<p>face cloths, tanning mitts, cotton wool, smooth stones, pastry brushes, pine cones, feathers,</p>
<p>Have a Bath – Having a bath or a shower can help you to relax and feel calmer.</p>		
<p>Sensory bins – Sensory bins are tubs of materials that can feel soothing or stimulating to touch.</p> <p>You can hide small items in the sensory bins to find. You can also play with toys in the sensory bin and do some pouring, sieving, scooping, etc. with jugs, funnels, spoons, ladles, etc.</p> 	<p>Sensory bins are a simple way to incorporate sensory play in your own home. Sensory bins, sensory bottles and sensory bags allow you to explore, discover, imagine, create, and learn while engaging your senses.</p>	<p>Items for a sensory bin can include dried pasta, dried rice, lentils, beads, buttons, stones, seeds,</p> <p>Cups, jugs, ladles, sieves, empty bottles for pouring, etc.</p>

Daily Schedule

Here is an idea for a daily schedule you can follow to help you stay in a routine.

Before 9:00am	Wake up/ morning routine	Eat breakfast, make your bed, wash, put pj's in laundry, etc
9:00	Morning walk	On the street or around the garden, maybe Yoga if it's raining (Youtube)
10:00	Academic/ Learning time	
11:00	Creative time	Crafting, baking, board games or construction i.e. lego, blocks, (not electronic)
12:00	Lunch	
12:30	Housework/ chores time	Wipe table, vacuum, wipe door handles, clean sinks, wash up, etc
1:15	Quiet time	Try to avoid electronics
2:00	Academic time	
3:00	Afternoon fresh air (garden/ walk)	On the street or around the garden, maybe Yoga if it's raining (Youtube)
4:00	Creative time	Crafting, baking, board games or construction i.e. lego, blocks, (not electronic)
5:00	Dinner	
6:00	Free time	

CALM DOWN BOARD

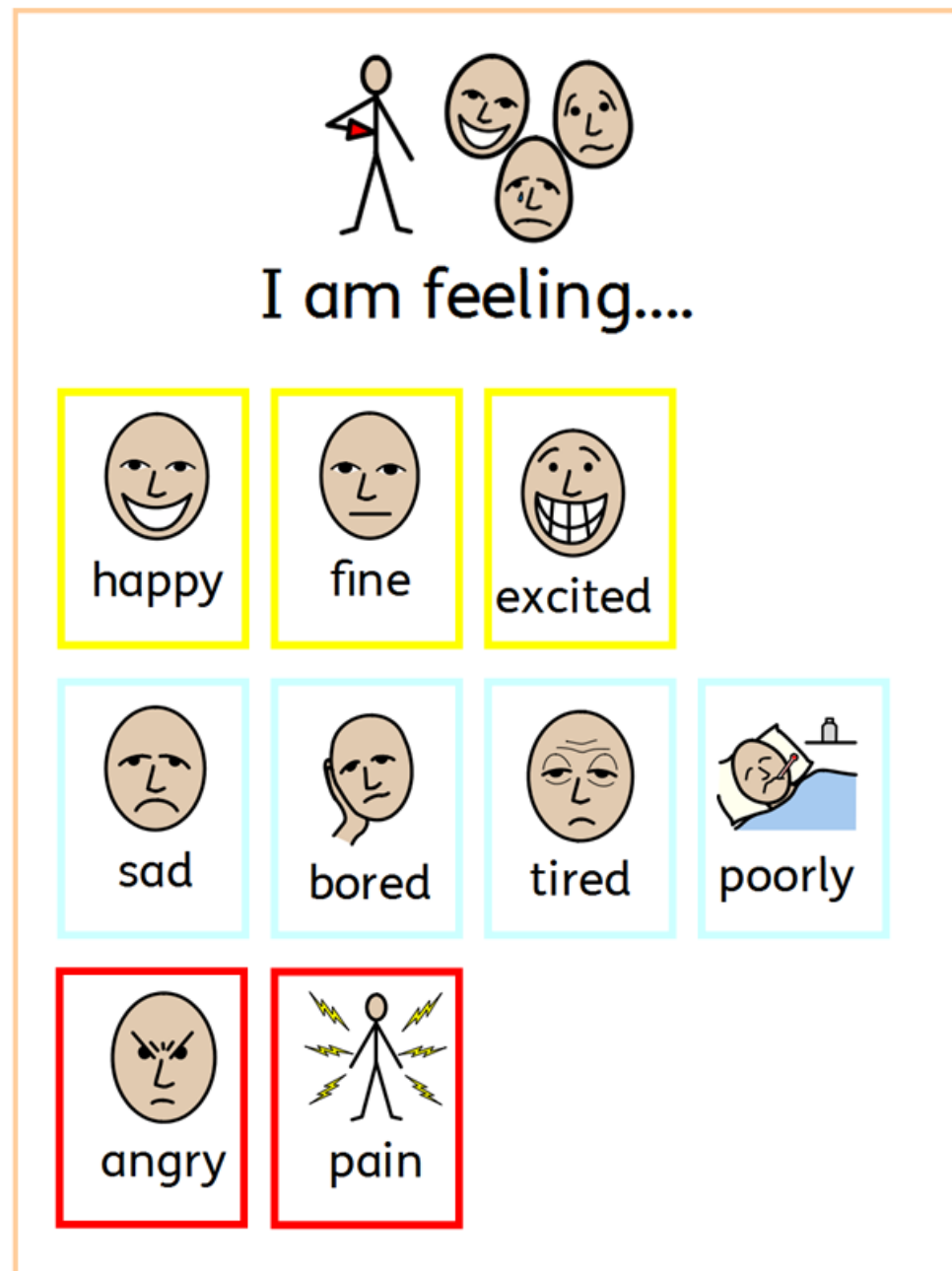


Therapeutic Activities

The emotional release of drawing, painting and being creative can have healing and therapeutic effects for people of all ages and abilities.

On the next few pages are some ideas and activities for you to try if you feel a little bit worried or anxious.

There is also a feelings chart here to help you to express your emotions.



On My Mind Today

What are some things that are on your mind today?



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SOMETHING FUNNY!

Humor is a helpful way to cope with intense emotions. Whenever you feel yourself become more anxious or upset, try to think of something that makes you laugh! What would be something funny to think about in those moments?



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HAPPY PLACE



A Happy Place is a location where you feel the calmest and most relaxed. For some people, this can be at the beach, in the woods, or in their room. Whenever you become anxious, sad, or angry, it can be helpful to imagine yourself at this place! The more details that you can imagine, as you close your eyes, the more helpful your *Happy Place* will be in calming you down. Answer the questions below and try to be as descriptive as you can be.



Where is your happy place? _____



What things do you see?

What sounds do you hear?



What can you feel or touch?

What do you smell/taste?

How are you feeling?



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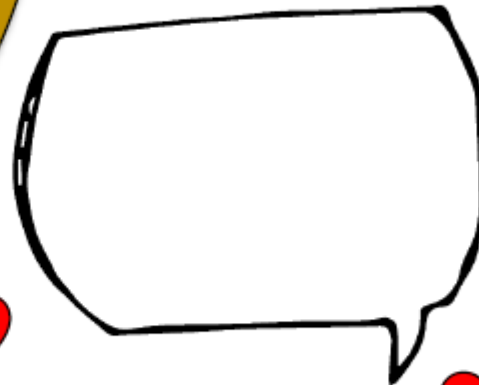
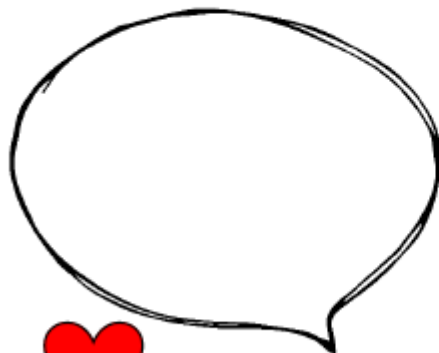
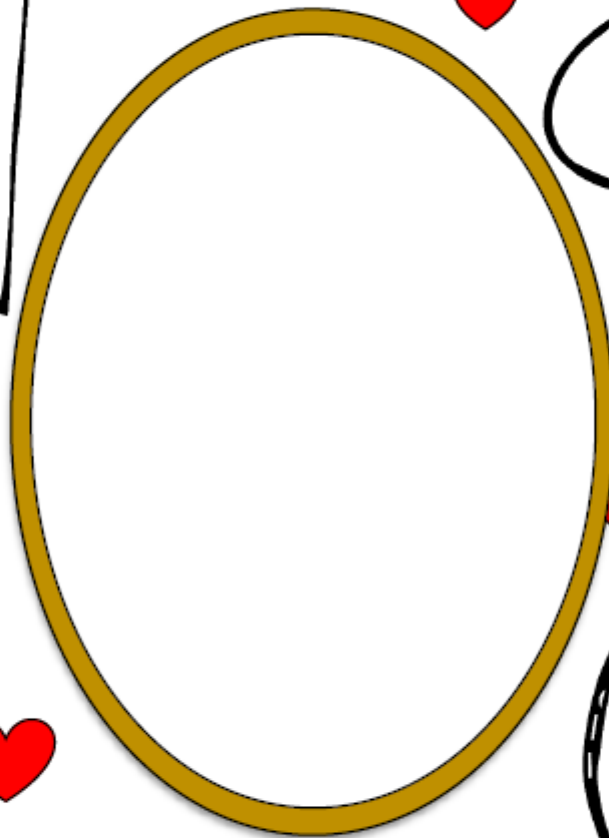
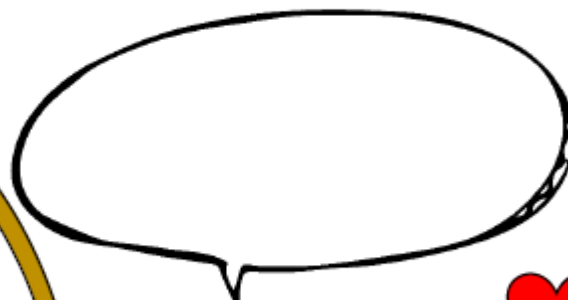
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PEOPLE WHO LOVE ME



Draw a picture of yourself. How would the people who love you and care about you describe you?



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About Me

Use this worksheet to share more about the positive things about you!

NAME

MY POSITIVE TRAITS

MY SKILLS AND TALENTS

MY ACHIEVEMENTS

WHAT MAKES ME UNIQUE?

MY FUTURE PLANS



Happy Box

Create your own happy box!

1. Find a box..... an unused shoe box with a lid is perfect!
2. Personalise and decorate it
3. Now fill it with things that make you happy or remind you of fun times.
4. Store the box in your bedroom and get it out whenever you need to remind yourself of good times.

[Here's some ideas of what you can put inside](#)

Happy Box

- Photos (of family, college, school days, friends, holidays and celebrations)
- Cards you received from someone special
- Copies of certificates/awards you achieved
- Objects you like to touch/hold or remind you of fun times. Things like shells from a beach, a toy or a piece of jewellery
- Something that has a smell you enjoy (scarf with essential oils or perfume on).
- Something linked to a pet, a sport or a hobby
- A favourite poem or book
- The lyrics of a song you can sing and move to
- Favourite positive quotes

Gratitude Journal

Three Good Things

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Too much **caffeine** can lead to anxiety and low mood

Try drinking more water!!!!



Thinking styles

WHAT YOU PRACTICE GROWS STRONGER

Neuro Plasticity - is the brain's ability to change and reshape itself through repeated thinking – it's pretty cool....Google it!

Repeated critical thinking leads to poor mental health

We are especially **self-critical** when low in mood. If we think of ourselves with frustration and shame – we release a stress hormone called **Cortisol**

Cortisol shuts down the learning/growth part of our brains!

It robs us of the power of learning

Then....we hide from the shamed parts of ourselves (we all do this)

We avoid the very areas that need our attention. It's just too painful

Mental Health Boosters

Thinking styles

WHAT YOU PRACTICE GROWS STRONGER



Neuro Plasticity - remember it's the brain's ability to shape itself through repeated thinking!

Well...the good news is repeated **compassionate thinking** leads to improved mental health.

This helps us look at those shamed parts of ourselves with **Kind Attention**..... and opens up learning and growth. It helps us release the love hormone **Oxytocin**

Compassionate thinking includes '**Self compassion**' and not only compassion for others. It also requires lots of practice so don't quit!

Try a **daily gratitude diary** – there's solid researched evidence that they work!

Mental Health Boosters



Physical activity

Regular exercise impacts positively on depression, anxiety and relieves stress! It helps your brain release lots of the feel good chemical **Endorphin**

It also **improves your memory** and helps you sleep. Regular exercise boosts your overall mood..... and it's proven to be as effective as an antidepressant. Pretty cool!

Mental Health Drainers

Not only does a lack of exercise make your body more prone to disease, a sedentary lifestyle can also damage your mind.

Not exercising can cause **moodiness and irritability**.

Also a lack of exercise may lead to excess weight gain, and your self-confidence may decrease.

But don't feel that you have to spend hours in a gym. It's best to find **activities you enjoy** and make them a part of your life. **Plan exercise** into your day and you'll feel the benefits in body and mind.



Mental Health Boosters

Fun stuff!

No surprise here but our happiness is directly linked to pleasure

So re-learn what gives you pleasure and how to deeply experience it

Get releasing those lovely **Endorphins!**

Social Connection

Social bonding is critical for healthy mental wellbeing, how much we need is different for all people but as mammals we thrive on social connection

Bonding releases the love hormone **Oxytocin**. It boosts your immune system and improves mental sharpness

So now, you know....let's starting making your personal Mental Health Boosting plan!





Progressive muscle relaxation – Practice at home

Sit in a chair with both feet on the ground, curl your toes tight like you're picking up a pencil with your feet (repeat each step twice)

2, Lift your feet up then point your toes out in front.....now pull your feet back towards you

3, Squeeze your knees tightly together and hold them tight for 5 seconds

4, Suck in your stomach as if you are trying to slide through a narrow opening...now puff it out

5, Make fists with your hands and pretend you are squeezing all the juice out of lemons

6, Shrug your shoulders up and down – like a turtle hiding its head in its shell

7 Stretch your arms up high above your head

- Progressive muscle relaxation will stop you feeling so tense and uncomfortable



Controlling your breathing will stop you panicking

Things can make us feel anxious, so here's a simple one to remember – breathe in as though smelling a flower....
breathe out like your blowing out birthday candles. Repeat 5 times

As long as your breathing is slow, full and even you'll be fine. Try imagining the rhythm of waves on a shore.



Mindfulness - The five senses exercise

Anxiety messes with our minds and stops us being our best.....however it is impossible to worry whilst doing this exercise

What are 5 things you can see? Look around you....what do you see?..... look for small details such as a pattern on the ceiling, the way the light reflects off surfaces, or an object you noticed.

What are 4 things you can feel with your body? Such as the texture of your clothing or the smooth surface of the table you're resting your hands on.

What are 3 things you can hear? Listen for and notice things in the background that you don't normally notice. It could be the birds chirping outside or a clock ticking

What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or cut grass.

And finally - take **1** deep breath then start this whole exercise again one more time.



Breathing Exercises

Take 5 Breathing
Trace fingers up and down
Inhale up; exhale down



Hissing Breathing
Big breath through nose
sssss through mouth



Bunny Breathing
3 quick inhales-nose
1 big exhale-mouth



Bumble Bee Breathing
Sit criss cross, close eyes
Breathe in-nose
fingers in ears-exhale buzz



Hot Air Balloon Breathing
Sit criss cross;
hands cup mouth
inhale deeply-nose
exhale-mouth blowing up
balloon



ELEPHANT BREATHING
stand with feet wide apart
dangle arms in front
breathe in through nose
raising arms above head
breathe out through mouth



Bear Breathing
Imagine hibernating bear
Inhale through nose for 3
Pause for 3
Exhale for 3



4-7-8 Breathing



Lay or sit with one hand on your chest and another on your belly.



Take a deep slow breath from your belly, counting to 4 as you breath in.



Hold your breath while mentally counting 1 to 7.



Release your breath completely and slowly, while silently counting from 1 to 8.



Repeat 3 to 7 times or until you feel calm.

NOYZE

Strengths Exploration

Those who know their strengths and use them frequently tend to have more success in several areas. They feel happier, have better self-esteem, and are more likely to accomplish their goals.

To use your strengths effectively, it's important to have a clear idea of what they are, and how they can be used. Some of your greatest strengths might be easy to recognize, while others go unnoticed because they feel ordinary to you (even if they aren't).

In this worksheet you will identify your strengths and ways in which you are already using them. Additionally, you will explore new ways to use your strengths to your advantage.

Circle your strengths from the choices below, or add your own at the bottom.			
Wisdom	Artistic Ability	Curiosity	Leadership
Empathy	Honesty	Open Mindedness	Persistence
Enthusiasm	Kindness	Love	Social Awareness
Fairness	Bravery	Cooperation	Forgiveness
Modesty	Common Sense	Self-Control	Patience
Gratitude	Love of Learning	Humor	Spirituality
Ambition	Creativity	Confidence	Intelligence
Athleticism	Discipline	Assertiveness	Logic
Optimism	Independence	Flexibility	Adventurousness

Strengths Exploration



Relationships

romantic relationships, friendships, and family

List the strengths you possess that help you in your relationships.

Describe a specific time your strengths were able to help you in a relationship.

Describe two new ways you could use your strengths in relationships.

1

2

Strengths Exploration



Personal Fulfillment

hobbies, interests, and pleasurable activities

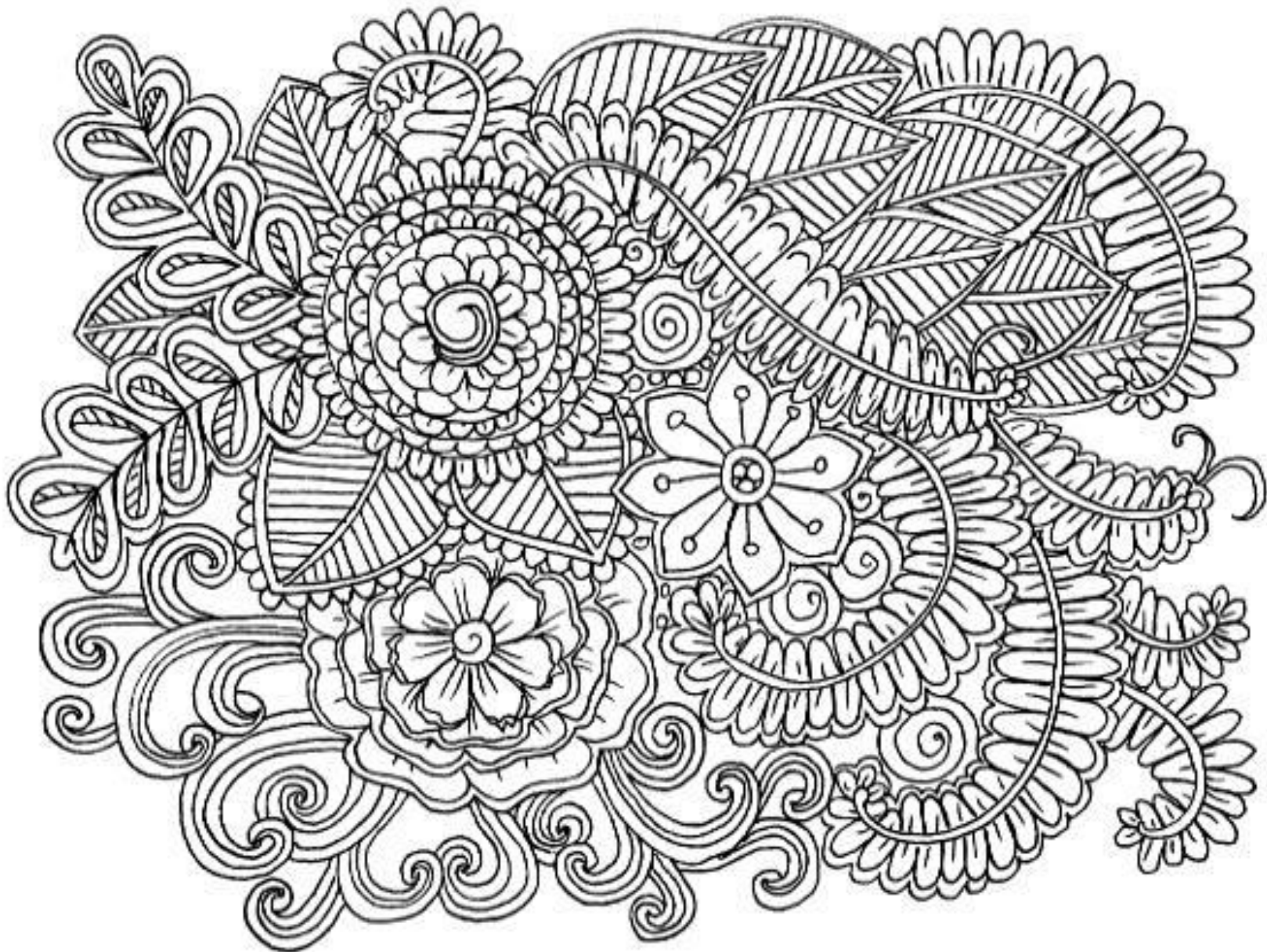
List the strengths you possess that help you achieve personal fulfillment.

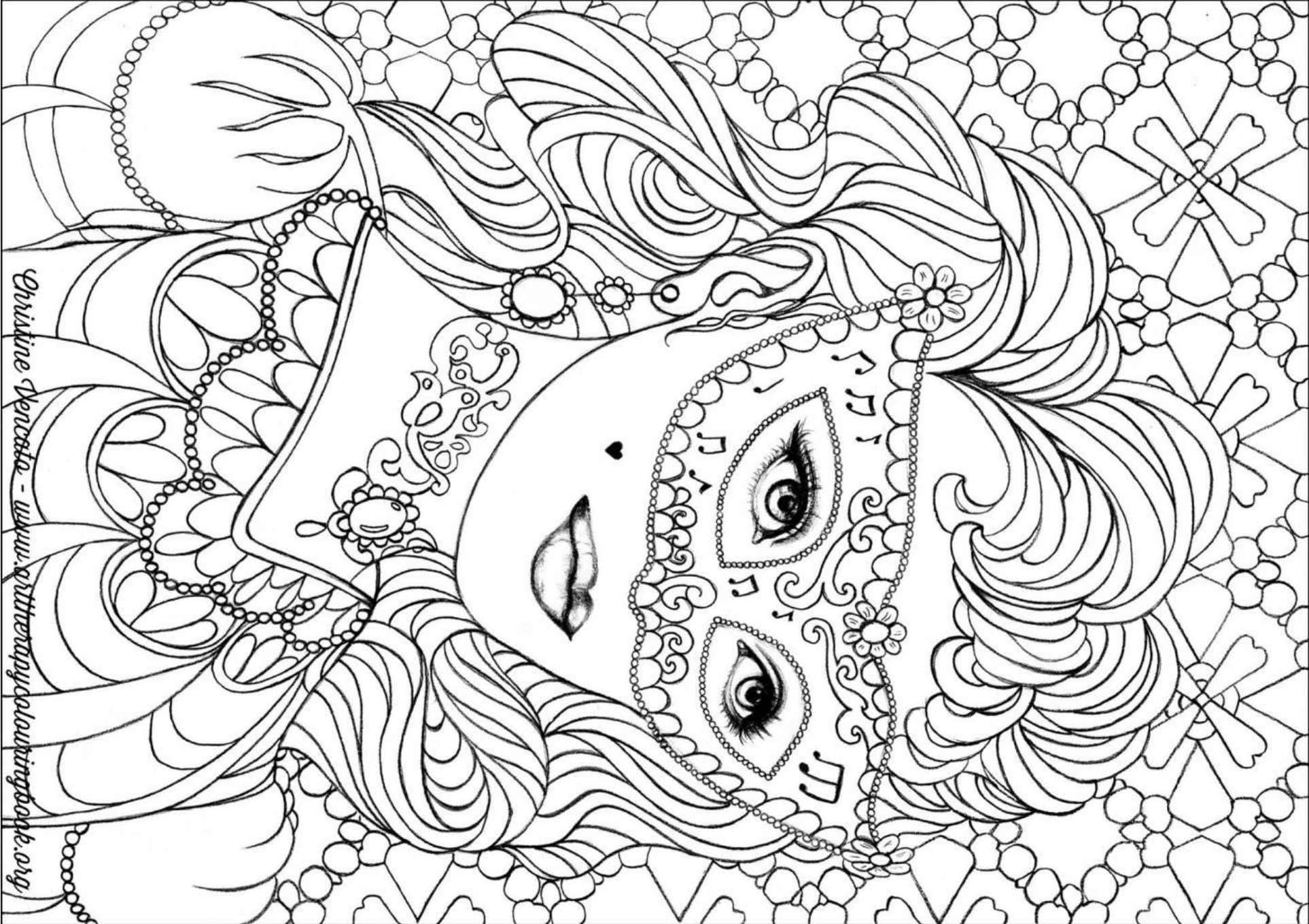
Describe a specific time your strengths were able to help you with personal fulfillment.

Describe two new ways you could use your strengths for personal fulfillment.

1

2





Phisikine Venetia - www.artstherapycolouringbook.org

